

Triumphant Return of Seal Hunters

Crew of Schooner After Successful Trip
Into the Ice Floes of the Frozen North



With their tow lines swung over their shoulders, after their day's work is done and they have earned a well-earned rest, the men are dragging their "tug" in sacks over the snow. Often these crews bring in hauls valued at \$5,000. The seal industry is one of the biggest and each year the output is greater, and the furs command a higher price.

Rest Rooms For Rural Women

Rest rooms have been established in more than 200 counties in the United States to meet the needs of the country woman in town on business. They provide a place, says the United States department of agriculture, where the farm woman has a right, without asking any favors, to the use of facilities for rest and refreshment. They have been established by women's rural organizations in co-operation with other local organizations, with individuals, and with village, town, or county authorities; by business corporations operating private city markets, and by individual merchants. Where farm women's organizations have been interested in establishing rest rooms, local farm women's clubs have been able to arouse the necessary community interest in the need for rest rooms to insure their financial support. This has been done through co-operating with other local farm women's clubs, with organizations of women in town, with civic leagues, with chambers of commerce, and with county agents.

In co-operating with other clubs in establishing a rest room, any local farm woman's club may take the initiative. Opportunity is given at club meetings for discussing the need for a rest room, and other local clubs may be asked to arrange similar discussions. Such co-operation is facilitated in rural communities where local clubs meet together for joint sessions three or four times a year.

Through their organizations town and country women have co-operated in providing rest rooms near railroad stations, where the waiting-room facilities at the stations were inadequate. They have co-operated in establishing libraries which provide convenient and adequate rest rooms for town and country women. Aroused community interest frequently results in securing a vacant room in the town hall, county courthouse, public market, or other public building.

Frequently the county agent, as the representative of the rural interests of a county, will take the initiative and secure the co-operation of the chamber of commerce or the county commissioners.

Frequently rest rooms are provided in dry goods stores and in grocery stores. A rest room at Kalamazoo, Mich., has been in use since 1922, and has become the common meeting place for country people living in different directions from the city. The number of country women dealing with these business houses warranted the establishment of rest rooms by the proprietors to meet the needs of their customers.

Widows' Pensions.

An act of congress of October 3, 1917, provided that from and after its passage "the rate of pension for a widow of an officer or enlisted man of the army, navy or marine corps of the United States who served in the Civil war, the war with Spain, or the Philippine insurrection, now on the pension roll or hereafter to be placed on the pension roll, and entitled to receive a less rate than hereinafter provided, shall be construed to affect the additional allowance provided by existing pension laws on account of a helpless child or child under sixteen years of age." This law made \$25 a month the uniform rate for all widows' pensions then on the pension rolls at less than that rate or who should thereafter be placed on the pension roll.

Wastefulness is Sinful; It is a Crime When the Nation Calls for Thrift—Pointers.

The lover of thrift is often confronted by directions for household economy emanating, as trial shows, from abstract, rather than practical, domestic science. Try these suggestions from an old-fashioned New England housewife:

1. Eggs are not needed for a rice pudding.
2. Milk is not needed in cake made with baking powder.
3. Milk is not needed for any kind of whole wheat bread. Even when milk abounds and is cheap, water is preferable.
4. Half, or even quarter, of a yeast cake will raise a good amount of bread for baking.
5. "War Cake" which calls for a package of raisins and much shortening is not economical.
6. Do not allow a servant to throw out remnants of shredded wheat left in the bottom of the box. More than a cupful is often so lost.
7. An unstrained soup made from remnants of yesterday's meat makes a good meal. No meat course is required therewith.
8. Are you careful to make as many pies as possible from one squash?
9. Are you careful to allow every bit of the white to drain, or to scrape it from an egg which you break?
10. Neither broken crackers nor the crumbs in the bottom of the box should be thrown away. Use them for fish, oysters, etc.
11. Memoranda of all sorts, as well as rough drafts of letters, may be kept on pieces of wrapping paper. This is the kind of economy which good housewives practiced during the Civil war.
12. Remember that the old New Englander considered wastefulness, even among the rich, sinful. It is a crime when the nation calls for thrift.

—Florence Mary Bennett of The Vigilantes.

Much in Little.

Nearly all of the principal cities of England have policewomen.

The French "horizon blue" is said to be the best color for a military uniform.

Louisiana, Texas, Arkansas, California and South Carolina are the leading states in rice production.

The Dominican republic contains a greater amount of virgin land than any other island in the West Indies.

Little children of Montenegro attend small flocks of sheep while the older folks are busy with war work.

How Germans Destroyed the Forests and Orchards in Belgium and France

Apart from their cruelty to human beings, one of the worst offenses perpetrated by the Germans in Belgium and that part of France which they have overrun is the destruction of trees, notes the Indianapolis Star. Wantonly to destroy orchards and forest trees as they have done for the purpose of making a desert of the land that had been like a garden is a crime against civilization. In Belgium they cut the forests, not as they cut their own, where only a certain number of trees are allowed to be felled each year, but sweepingly, leaving the land denuded by the hundred years will be needed to restore these forests, and trees are needed for the welfare of every land.

In this country we have been too careless with our forests; they have not been protected as they should be since the pioneers first cleared enough of them away to make the farms. Now we are beginning to realize their value not only as a direct source of revenue, but as an aid in conserving moisture for cultivated lands and also as a source of beauty. And if one wishes to look at the matter generally, beauty of landscape is in these days recognized as a distinct and valuable asset. There is needed more trees and a wider and better understanding among the people as to what may and should be done in the way of planting trees and improving forests.

It is among young people that this interest in trees must be cultivated; they must learn the importance of orchards and forests and if a love for trees can be inculcated it will prove itself in years to come by many a tree that is a glory to the land.

For the Temporary Repair Of Broken Spectacle Lenses

Those who are so unfortunate as to have to wear glasses know what inconvenience and discomfort are caused by breaking a lens and having to wait for a new one. Matters are helped some if a repair can be effected, states an authority. This is not always possible but if the break is a simple fracture, the following method produces a good repair:

Soften gum shellac in alcohol and apply it to the edges to be cemented. Press the edges firmly together and hold in position for a few minutes. Then lay the lens on a pad of cotton or soft cloth for an hour or two, so that the shellac may harden enough to stand usage. Note that the shellac is not to be dissolved in the alcohol—just soften until it can be spread on the edges of the glass.

The KITCHEN CABINET

The year's at the spring
And day's at the morn;
Morning's at seven
The hillside's dew pearled,
The lark's on the wing,
The snail's on the thorn,
God's in his heaven,
All's right with the world.
—Robt. Browning

CONSERVE WHEAT.

The following recipes will be found useful in saving wheat flour, to be used at all meals that are not wheatless.

Combination Bread.—Take one cupful of oatmeal, one tablespoonful of salt, two tablespoonfuls of sugar, two cupfuls of boiling water, a half-cupful of yeast dissolved in a half-cupful of lukewarm water; one cupful each of rye, corn flour and entire wheat flour with one three-fourths cupful of white flour. Pour the boiling water over the oats, rye and corn flour, then when cool add the other ingredients. Knead well, let rise, mold into loaves, then when double in bulk bake in a moderate oven. This bread saves 80 per cent wheat.

Oatmeal Bread.—Scald two cupfuls of oatmeal with two cupfuls of boiling water; add a tablespoonful each of fat, salt, four tablespoonfuls of corn syrup and a cake of yeast dissolved in a half-cupful of warm water; mix and add five cupfuls of wheat flour; knead well, let rise until double its bulk and make into loaves; when light bake in a moderate oven. This makes two loaves.

Rye is very scarce and is not now on the substitute list; it may be used as usual with flour if one has a supply, but cannot be purchased as a substitute any longer.

Oatmeal Betty.—Take two cupfuls of cooked oatmeal, four apples cut fine, a half cupful of raisins, a half cupful of sugar, a fourth of a teaspoonful of cinnamon; mix and bake one-half hour. Serve hot or cold. Any dried, fresh fruits or ground peanuts may be used in place of the apples.

Cornmeal Bread.—Take two and a half cupfuls of skim milk, a tablespoonful of sugar or sirup, two teaspoonfuls of fat, two of salt, one and a third cupfuls of cornmeal, four and two-thirds cupfuls of flour, a cake of yeast dissolved in a half-cupful of warm water. Add the flour gradually after all the other ingredients are well blended and knead well. Let rise, knead again and mold into loaves. When double in bulk, bake in a moderate oven for at least an hour. This makes two loaves. In most homes these days you never see the ordinary wheat bread; everybody enjoys the substitutes so well.

I wonder if the sap is stirring yet.
If wintry birds are dreaming of a
mail.
If frozen snowdrops feel as yet the
sun.
And crocus fires are kindling one by
one?
—C. Rossetti.

SOMETHING GOOD TO EAT.

For the mealtime days and mealtime meals we like variety and at the same time to keep within the limits of the family purse.

Walnut Sausage.—Mix half a cupful of boiled rice, half a cupful of stale bread crumbs and a cupful of ground walnut meats; add one tablespoonful of olive oil, one egg, salt, pepper and sage to taste. Shape in small cakes and cook slightly.

Swedish Fish Soup.—Make a stock by cooking the heads, tails, fins and bones of any white fish, in cold water to cover; add a slice each of onion, carrot, a bay leaf and a few peppercorns. Cook slowly for one hour, then strain and thicken with two tablespoonfuls of flour and butter cooked together using one quart of the stock, with salt and pepper to taste; add a pint of milk just before serving.

Chicken and Chestnut Salad.—Mix half a cupful of diced chicken with half a cupful each of celery cut fine and chestnuts cooked and cut in slices. Add two tablespoonfuls of finely chopped green peppers, salt, paprika, and a dash of red pepper. Marinate with French dressing and serve with mayonnaise dressing.

Nut and Cheese Roast.—Cook two tablespoonfuls of chopped onion in a tablespoonful of grated cheese; a cupful of nutmeats and a cupful of soft bread crumbs moistened with a little water from the pan in which the onion was browned; season with salt, pepper and the juice of half a lemon. Pour into a buttered baking dish and bake until brown.

Who has not wanted, does not guess
What plenty is—who has not groped
In depths of doubt and hopelessness,
Has never truly hoped.
—Riley.

WHOLESOME BREADS CONTAINING NO WHEAT.

Rice and various breakfast cereals may be used in griddle cakes and gems, thus taking the place of flour and making a most appetizing and nutritious bread.

Oat Crackers.—Take two cupfuls of rolled oats, a fourth of a cupful each of molasses and milk, 1½ tablespoonfuls of fat, a fourth of a teaspoonful of soda and a teaspoonful of salt; mix well and roll out in a sheet, then cut in squares. Bake for 20 minutes in a moderate oven. This makes three dozen crackers.

Cornmeal mush cooked a long time then molded can be sliced and fried for breakfast. The addition of chopped nuts, cheese or finely minced meat of various kinds may be used in the mush.

Baked Oatmeal and Nuts.—Take two cupfuls of cooked oatmeal, a cupful of crushed peanuts, a half cupful of milk, a teaspoonful of vinegar, a fourth of a teaspoonful of pepper and 2½ teaspoonfuls of salt; mix together and bake in a greased pan for 15 minutes. This serves five people.

Cornmeal Patties.—Scald a pint of cornmeal with a cupful of boiling water, rub in a tablespoonful each of vegetable oil or a teaspoonful of fat and salt, two beaten eggs and a half cupful of skimmed milk. Drop from a spoon on greased tins. Bake until brown, serve hot. Nice with gravy to take the place of Yorkshire pudding.

Corn flour used as any other flour with egg and milk, makes fine griddle cakes.

If you were busy being kind
Before you knew it you would find
You'd soon forget to think 'twas true
That some one was unkind to you.
—Rebecca Foreman.

GOOD MEAT SUBSTITUTES.

The following are well-tried recipes gathered from many sources, which will be found worth while:

Peas and Lentils.—Three cupfuls of boiled rice, one cupful each of cracker crumbs and chopped pecans, one-half cupful of skim milk, the yolks of three eggs, grated onion, pepper and salt for seasoning. Mold in a small loaf and bake.

Tomato Nut Loaf.—Take one cupful each of chopped nut meat, cooked rice and tomato pulp, one egg, 1½ teaspoonfuls of salt, a half teaspoonful of pepper and a teaspoonful of chopped onion. Mix the ingredients, adding celery salt, or sage if desired. Shape into a loaf and bake 30 minutes.

Onion Loaf.—Into one-fourth cupful of vegetable fat stir one-fourth cupful each of cornmeal and cornstarch, add a half teaspoonful of salt, and gradually two cupfuls of scalded milk, stir constantly. Cook for three minutes, then cool slightly and add the well-beaten yolks of two eggs and one-fourth of a cupful of grated cheese. Then add the whites of two eggs beaten stiff. Put into a buttered baking dish and sprinkle with one-half cupful of grated cheese over the top. Bake carefully in a hot oven for 30 minutes.

Fish Loaf.—Take one cupful each of salmon, bread crumbs and hot milk; a half teaspoonful of salt, an eighth of a teaspoonful of pepper and two eggs. Rub the fish fine with a potato masher, add the milk to the crumbs and melted fat, and seasonings, then combine with the fish. Add the well-beaten eggs, put in a greased baking dish and bake or steam. Serve with a white sauce with the salmon liquor added to it if liked. Tomato sauce is also good served with this loaf. Peas in a sauce poured around the loaf are an addition which will add to the food value of the dish.

Nellie Maxwell

Placing Oysters in Salt Lake. Plans have been made to begin the propagation of oysters in Bear River bay, Salt Lake, Utah, this spring. Experiments and scientific study of conditions have indicated, to the satisfaction of the state fish and game commission, that the enterprise is a thoroughly feasible one. Analysis has shown that the percentage of salt in the water is practically the same as in open ocean beds.

She Sat Apart.
We were talking across the aisle.
Presently the girl who sat alone leaped over and said: "You and the lady take this seat. I'm not together."
—Chicago Tribune.

Tipped Off.
"Max-Gang?" "If I had known what a fool you were I never should have married you." "Mr. Gang?" "You might have guessed it when I proposed to you."—Judge.

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

CONVERT NATION TO CHEESE. WOMEN'S TASK



Women Food Specialists in Washington Entertaining Officials of the United States Department of Agriculture and the Food Administration at a Cottage Cheese Luncheon.

COTTAGE CHEESE AS STAPLE FOOD

Thirty Billion Pounds of Skim Milk Available for Making Substitute for Meat.

IMPROVED WAYS OF SERVING

Federal and State Agencies Organized to Convince American Housewives of Great Value—How to Make Some of New Dishes.

Almost 30,000,000,000 pounds of skim milk are available for making cottage cheese. Skim milk made into cheese is seven times more valuable as a food than as a feed for live stock. A pound of cottage cheese used in the home releases a pound of meat for shipment to our soldiers.

These were the acting principles behind the organization of a cottage cheese demonstration corps of the dairy division, United States department of agriculture, which recently undertook a nation-wide drive to make cottage cheese a staple food throughout the land. Forty-seven women specialists from almost as many states make up the corps that will carry the message.

These women have been in training in Washington for several weeks learning how to make cottage cheese and how to serve it in the newest and most attractive dishes. In the accompanying picture they are shown demonstrating their new creations in a cottage cheese luncheon to officials of the department of agriculture. The luncheon was held in one of the rooms of the dairy division. Among the guests were Assistant Secretaries Carl Vrooman, Raymond A. Pearson and Clarence Ousley, Dean H. L. Russell of the food administration, chiefs of several bureaus and a score of the department's food and demonstrating experts. Here is what the guests ate:

COTTAGE CHEESE LUNCHEON.

First Course—Appetizing.

Cream of Cottage Cheese Soup

Croquettes

Second Course—Interest.

Cottage Cheese Sausages—Creamed Potatoes

Mustard Pickles

Graham Muffins—Coffee

Whey Honey

Third Course—Admiration.

Cottage Cheese Salad

Wafers

Whey Punch

Fourth Course—Devotion.

Cottage Cheese Tart

Mints

Five women demonstrators started the campaign in Cleveland, O., a few days later. The others will go to other big cities, small towns and rural communities. Women will be taught how to make cottage cheese, its food value and how to use it. Regular home demonstrators and county agents of the states' relation service will help the cottage cheese force and experts from the bureau of markets will encourage and assist food dealers to make cottage cheese one of their regular staples. Representatives of the state extension forces also will

help. Meanwhile the commercial dairying experts of the department are working with the big creameries to turn their skim milk into this product to meet the big demand certain to develop.

Here is how to make some of the new cottage cheese dishes:

Cottage Cheese Sausage.

1 cupful cottage ½ teaspoonful powdered sage

1 cupful dry bread ½ teaspoonful onion crumbs, or ¼ cupful ful thyme

ful cold cooked 1 teaspoonful salt rice and ½ cupful ½ teaspoonful pepper

bread crumbs 1 cupful peanut ½ teaspoonful soda

butter ¼ cupful chopped 1 tablespoonful of

peanut meats 1 cupful onion

Mix all dry ingredients thoroughly with bread crumbs. Blend peanut butter and onion with the cheese, and mix them with the bread crumbs, form into flat cakes, dust with bread crumbs or cornmeal, and fry a delicate brown in a little fat in a hot frying pan.

Cottage Cheese Tart.

1-2 cupfuls of cut-1 teaspoonful lemon juice

Whites of 2 eggs ½ cupful of lemon

beaten stiff 1 cupful of heavy 3 to 4 tablespoonful cream, whipped

1-2 cupful sugar

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

Conservation Crust.

½ cupful cornmeal, 1 teaspoonful baking powder or other ing powder

substitute 3 tablespoonfuls of

½ cupful of wheat shortening

1 cupful of cold water to mix

1 teaspoonful salt (about ¼ cupful)

Sift together the dry ingredients, cut in the shortening, blending it thoroughly with the dry materials. Mix with very cold water to a rather stiff dough. Roll as thin as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before the pie, if the nature of the filling makes it desirable.

Cottage Cheese Salad.

Cottage cheese lends itself especially well to salads. If enough is used, the salad may serve as the main dish of the meal. French, mayonnaise and boiled dressing all go well with cheese salad.

Cottage Cheese and Peanut Butter Soup.

2 cupfuls milk 1 tablespoonful but-

ter 2 tablespoonfuls of ter

1 cupful of cottage

1 tablespoonful pea- cheese

nut butter ½ cupful soda

Few drops of onion or more

Julene Cayenne pepper

Bit of bay leaf and 1 teaspoonful salt

ground sage

Heat the milk with the bay leaf, salt, pepper and onion juice in a double boiler. Soften the butter and blend with it the flour. Pour hot milk gradually on this paste and beat until smooth. Bring to a boil and cook over hot water for ten minutes, then cool slightly. Blend cottage cheese, soda and peanut butter, softening with a little of the warm sauce to a smooth thick cream. Add the cream to the sauce and reheat carefully. Avoid boiling the sauce, for this will toughen the cheese. Serve with croquettes.



Some Attractive New Dishes Made From Cottage Cheese—1, Loaf; 2, Club Sandwich; 3, Pie; 4, Sausage.